



# BSC

Behavioural  
Sciences Centre

## Your Employee and Family Assistance Program (EFAP)



### What is the EFAP?

Your Employee and Family Assistance Program (EFAP) will provide you and your significant others with confidential, professional assistance for issues that affect your well being.

### Why Have an EFAP?

Most people encounter problems from time to time. This is both natural and predictable. Often, you deal with such problems on your own without having additional help.

Sometimes, problems are not so easily resolved and they may begin to hinder your lifestyle and ability to perform properly on the job. Your EFAP is intended to help you maintain personal wellness and satisfactory work performance.

### What if I can not come into your office?

Face to face counselling is only one option. We also provide scheduled:

- Telephone Consultations
- Sessions using Skype or VSee
- Telemedicine; Ontario Telehealth Network site
- E-Counselling at <https://bsconline.ca/eCounselling>

### What Services are Available?

A team of professionals are available to assist with personal difficulties or wellness concerns. Services available include:

- Relationship problems
- Managing stress
- Emotional difficulties
- Workplace conflicts
- Personal wellness
- Self-improvement
- Chemical dependency
- Communications
- Parenting problems
- Critical Incident Debriefing

Critical Incident Stress Debriefing is available to Employers 24-hours a day by calling the office number.

### Eligibility and Access

Your first visit to the EFAP will consist of a problem focused interview with a counsellor; please arrive 15 minutes prior to this appointment in order to complete intake documents.

Your counsellor will attempt to identify the underlying problem and recommend a mutually agreed upon plan of action.

All designated employees are eligible to use the EFAP free of cost. Significant others living in the employee's place of residence are also eligible to receive the same services.

To access Employee and Family Assistance Program services, and to arrange an appointment, please call: **807 623-7677** or **1 888-423-5862**.